**Paths into the Past**

If all the maintained trails in Acadia National Park were placed end to end, they would stretch from Bar Harbor to Bangor and back again, with 20+ miles of trail left over. These trails connect the park to neighboring towns, travel along grassy meadows and scenic shorelines, skirt rocky cliffs, and climb granite mountains. With a long history and exceptional craftsmanship, Acadia’s trail system is one of the finest in the National Park System. Today we’re working to maintain the trails for future generations.

Many trails on Mount Desert Island predate the establishment of the park in 1916. Prior to European settlement, the Wabanaki transported their canoes along carry paths connecting ponds and streams with the ocean. In the late 18th and 19th centuries, European settlers created trails for subsistence activities like hunting, logging, and fishing, and, later, for early tourism. These trails provided a framework for subsistence activities like hunting, logging, and fishing, and, later, for early tourism. These trails provided a framework for village improvement associations, whose path committees built and maintained 250 miles of hiking trails in the late 19th and early 20th centuries.

To help finance some of these trails, wealthy summer residents funded memorial paths that honored—and were named for—individuals. One of these paths was built in memory of Waldron Bates, a skilled pathmaker who used stone steps, retaining walls, and other features to create “easy passage through the wonderful rock scenery that had offered in the past almost insurmountable obstacles to ordinary walkers” (Bar Harbor VIA Twentieth Annual Report, 1909). Bates also standardized the design of rock cairns to mark trails to summits; Bates cairns still line the Gorham Mountain Trail and other east-side trails.

Another skilled pathmaker, Rudolph Ernest Brunnow, focused his path-building efforts on some of the island’s most rugged terrain. He designed the park’s iconic Precipice Trail, as well as the Beehive Trail, using iron rungs and ladders to lead hikers up steep cliffs otherwise passable only by climbers. Brunnow’s trails aren’t for the faint-of-heart; with exposed routes and vertical climbs, the trails challenge even experienced hikers.

This high-quality trail work was continued in the 1930s by the Civilian Conservation Corps (CCC). Based in two island camps, CCC workers maintained existing trails, built new trails, and removed trees and shrubs to improve views. You can see their exceptional work along the Ocean Path, Beech Cliff Trail, and Perpendicular Trail.

Today the park works hard to maintain the legacy of yesterday’s pathbuilders. In the late 1990s, Friends of Acadia established the Acadia Trails Forever program, making Acadia the first national park with an endowed trail system. With funding from this program and the assistance of many volunteers, Acadia’s trail crew ensures that you can follow in the footsteps of the Wabanaki, early settlers, and outdoor enthusiasts of another era as you explore Acadia National Park for yourself.

---

**What’s in a name?**

Acadia’s trail crew is replacing some of the signs along the trail system to return to the historic names of trails. Many original names reflect a trail’s history, either honoring the person in whose memory the trail was created or reflecting its unique construction (for example, “path” refers to a highly constructed trail, usually on the east side of the island). Therefore, Dorr Mountain East Face Trail becomes Emery Path and Schill Path; Gorge Trail becomes Gorge Path.

Until maps catch up with this effort, trail names on your maps may be different from the names posted on trail signs. If you have any doubts, ask a park ranger for assistance.

---

**Welcome to Acadia!**

Superintendent Sheridan Steele. Photo by Peter Travers.

As we enjoy this wonderful park today, it’s hard to imagine a National Park System without Acadia. Without the efforts of private citizens, that might have been the case. From the first donations of land in the early 1900s to the hard work from thousands of volunteers today, the tradition of stewardship has continued throughout the park’s history.

Filmmakers Ken Burns and Dayton Duncan explore this tradition in the new series The National Parks: America’s Best Idea, which airs on public television beginning September 27. While making the series, Burns said, “We discovered stories of remarkable people from every conceivable background. What they had in common was a passion to save some precious portion of the land they loved so that those of us who followed might have the same chance to fall in love with that place. Without them, parks would not exist.”

Whether you’re here for recreation or solitude, vacation or rejuvenation, we hope that you find your own piece of Acadia to love.

—Superintendent Sheridan Steele
Closures

Nightly Closures
To protect park resources, the following areas are closed at dark.
• Bass Harbor Head Lighthouse is closed to visitors and vehicles.
• Carroll Homestead, Lake Wood, and Thompson Island Picnic Area are closed to vehicles.

Wildlife Closures
The following closures are in place to protect nesting birds.
• The Precipice Trail is closed until the peregrine chicks leave the nest (usually late summer). Check with rangers for more closures.
• During eagle or seabird nesting season, Schoodic, Sheep Porcupine, Long Porcupine, Bald Porcupine, Rolling, Bar (Somes Sound), Heron, and Thrushcam Islands are closed. Please respect posted closures.

Trail Closures
The East Face Trail remains closed due to earthquake damage.

Activities

Hiking
More than 120 miles of hiking trails offer something for everyone. Pick up a guide to the most popular trails, rated by difficulty, at the visitor center or campgrounds. Always carry a detailed hiking map, available for purchase at the visitor center, for longer hikes.

Junior and Senior Ranger Programs
Learn about the park while you complete the Junior Ranger program activities and earn a certificate and patch. A Senior Ranger program is available for ages 18 and over. Purchase these activity books at park information centers.

Ranger-Led Programs
Join us for boat cruises, evening programs, mountain hikes, short talks, and nature walks. For a schedule, see pages 4–5.

Scenic Drives
Drive 27 miles on the Park Loop Road and Cadillac Mountain Road to view the spectacular scenery of Acadia. Stop to stroll down a path or read a wayside exhibit. A self-guided audio tour of Acadia and the surrounding area, covering 56 miles, is available for purchase at the visitor center.

Swimming
Ocean temperatures at Sand Beach rarely rise above 55° F (13° C). For warmer water, try Echo Lake on Route 102. Many other ponds and lakes on the island are public water supplies where swimming, wading, and pets are prohibited. Please respect posted regulations.

Facilities

Hulls Cove Visitor Center
Watch the 15-minute orientation film and plan your visit with a three-dimensional map of the island. Books, maps, and information are available. Open daily 8 a.m. to 6 p.m.

Campgrounds
Blackwoods and Seawall Campgrounds are located on Mount Desert Island. Reservations are recommended at Blackwoods from May 1 to October 31 (877-444-6777). Seawall is first-come, first-served. Neither campground has hook-ups. There is no backcountry camping in the park.

Museums and More
Idesford Historical Museum: Explore the Cranberry Isles and their people. Accessible by boat from Northeast Harbor or Southwest Harbor. Open daily 9 a.m. to noon and 12:30 to 3:30 p.m. (Open at 10:45 a.m. on Sundays.)

Information

Call 911 for all emergencies.

Accessibility

Island Explorer Shuttles
Fare-free Island Explorer buses operate throughout Mount Desert Island, linking the park to neighboring village centers. By parking your car and riding these propane-powered buses, you help reduce traffic congestion, parking, and air pollution problems on the island. Pick up a copy of the bus schedule at the visitor center. You can also flag down the bus anywhere it is safe to stop along its route. When planning your trip, remember that the Island Explorer does not service Cadillac Mountain.

Parking
During the summer, the park can be quite congested. Please drive carefully and observe posted signage. Better yet, ride the bus and relax! Parking is only permitted in designated (posted) areas, parking lots, and established roadside pullouts.

Summer Explorations in Acadia

Walking and Biking
More than 45 miles of historic carriage roads are available for exploration by foot, bike, or horseback. Maps and guidebooks are available. Motorized vehicles, except motorized wheelchairs, are prohibited on carriage roads. Horses are not permitted on some sections. Bicycles are not permitted on hiking trails or private carriage roads. Bicycle rentals are available in nearby communities.

Self-guided walks include Carroll Homestead (easy ½ mile), Jordan Pond Nature Trail (easy 1-mile loop), and Sieur de Monts Spring (easy ½-mile loop). An accessible trail atop Cadillac Mountain offers access to a portion of the park’s highest summit.

Nature Center: Discover Acadia’s natural resources and learn how they are protected. Located at Sieur de Monts Spring, Open 9 a.m. to 5 p.m. with a brief closure for lunch. 

Hike Museum: Explore the story of Maine’s earliest people, from 12,000 years ago to today. The museum is privately operated and charges a nominal fee. Located at Sieur de Monts Spring. Open daily 9 a.m. to 4 p.m.

Wild Gardens of Acadia: Investigate native flora in typical habitats. Located at Sieur de Monts Spring.

Picnic Areas
Picnic areas are located throughout the park. Charcoal fires are permitted in park-owned or private grills in these areas.

Parlez-Vous Français?
Une traduction française d’information de parc est disponible au centre d’accueil à Hulls Cove sur la route 3 ou au park headquarters sur la route 233. Voir pages 4–5 pour les activités d’interprétation en français.

Sprechen Sie Deutsch?
Parkinformation auf Deutsch finden Sie im Besuchercenter in Hulls Cove an der Straße #3. Vielen Dank für Ihren Besuch.

Pets
Pets must be kept on a six-foot or shorter leash. Except service animals, pets are not permitted on Sand Beach or Echo Lake Beach from May 15 to September 15, in public buildings, or on ladder trails. Kennels are available in nearby towns.

Religious Services in the Park
On Sundays Christian Ministry in the National Parks holds services in the park. All are welcome. The schedule is: 8:00 a.m. – Blackwoods Campground 10:00 a.m. – Seawall Campground ½ hour before sunset - Blue Hill Overlook (weather permitting)

Size Restrictions
Vehicles taller than 11’ cannot drive the entire Park Loop Road system. See the park map for bridge heights. Vehicles longer than 20’ and trailers are not permitted on Bass Harbor Head Road or the southern end of Schooner Head Road. There is a 35’ limit for trailers and vehicles in campgrounds.
Be Careful Out There!

No one ever plans to get hurt on vacation, but it does happen. Most accidents at Acadia occur while visitors are biking, hiking, exploring the shoreline, and driving. Keep these tips in mind to help ensure a safe visit to the park.

Watch your step. Be prepared: wear sturdy shoes and carry water, a map, first aid kit, and flashlight. Tell someone your plans before you begin your hike.

Keep your speed down and be prepared to stop. Road gravel can be loose, especially on curves and hills. Bicycling on the carriage roads is a major cause of visitor injuries.

Be careful while walking near cliff edges and along the shore. Loose gravel and wet rocks create dangerous footing, which can result in serious falls. Stay away from the edge.

Drive safely and wear your seatbelt. The speed limit is 35mph in the park unless otherwise noted. It’s easy to get distracted by scenery—pay attention. Do not drink and drive.

Remember that your actions can make the difference between a happy memory and an unpleasant experience!

HawkWatch

Beginning in late August, join park rangers and volunteers atop Cadillac Mountain to search the skies for migrating birds of prey. Learn about raptor migration and identification. Bring binoculars if you have them and wear warm clothes.

HawkWatch takes place every day, weather permitting, from 9 a.m. to 2 p.m. starting in late August. The HawkWatch site is located along the Cadillac North Ridge Trail, about 200 yards from the summit parking lot. Discover the thrill of watching migrating birds soaring overhead!

Keep Wildlife Wild

Acadia offers many opportunities for observing wildlife. During your visit you may find deer feeding in meadows, songbirds darting through forests of peeking birch trees, and raptors circling high overhead. Because of Acadia’s small size and proximity to towns and residential areas, these animals often come in close contact with people. Each of us must do our part to make this contact easier, helping ensure the safety and health of wild animals. When you encounter wildlife, remember these steps:

- Never feed wild animals: This means gulls, too, no matter how persistent they are. Human food can make wildlife ill and create beggar animals that no longer retain a healthy respect of humans.
- Keep your distance: Do not approach wild animals. If you find yourself too close, back away and give them room to escape. Use binoculars to get a close-up view.
- Be careful along roads: Animals often gather near roadsides, especially at dusk and dawn. Pay close attention and lower your speed, allowing them and you a better chance to see each other and avoid an accident.
- Leash your pet: Keep your pet on a six-foot or shorter leash at all times and stay on designated trails or roads. This is for your pet’s safety too!
- Store food securely: When camping, store all food, garbage, and cooking equipment in an enclosed vehicle or hard-sided locker whenever you are not present. This precaution helps prevent wild animals from being attracted to your campsite or tent.
- Respect wildlife closures: These closures protect wildlife like nesting peregrines, loons, seabirds, and eagles, which are especially sensitive to disturbance. Intrusion by humans can cause nesting attempts to fail.
- Follow the law: Remember that protecting wildlife in our national parks not only makes good sense, but also it is the law. All national parks have strict regulations concerning the protection of wildlife. When in doubt, ask a park ranger first.

Wild animals live in Acadia National Park. This is their home. Help us do what we can to make it a safer place for them to live.

Where Do Your Fees Go?

The majority of fees paid in Acadia stay right here. The Recreational Fee Demonstration Program, first authorized by Congress in 1996, mandates that 80 percent of fees paid in Acadia stay in the park to be used for projects that directly benefit park visitors and resources. Your fees are used for a variety of projects that improve the condition of natural and cultural resources and make the park a safer place for you to visit. Some of these recent and upcoming projects include:

- Island Explorer seasonal public transportation system
- Update Nature Center exhibits
- Construct Schooner Head Path and install signs with historic trail names

Please support these and other projects by buying a park pass at the following locations:

- Sand Beach Entrance Station
- Hulls Cove Visitor Center
- Thompson Island Visitor Center
- Park Headquarters
- Bar Harbor Village Green
- Blackwoods Campground
- Seawall Campground

All visitors who enter the park, regardless of how they enter, must pay an entrance fee. We thank you for your support!

2009 Fees

Entrance Fees/Passes

- $10 (off season) / $20 (in season)
- entry permit allows for a 7-day visit
- $40 annual Acadia National Park Pass allows unlimited visits to Acadia for one year from date of purchase

National Park Passes

- $80 Interagency Annual Pass allows you into any federal fee area for one year from date of purchase
- $10 Interagency Senior Pass allows lifetime access for U.S. citizens who are 62 years or older
- Free Interagency Access Pass allows lifetime access for U.S. citizens with a permanent disability

Camping Fees

- Blackwoods Campground: Reservations are recommended May 1 through October 31. The cost is $20 per night per site (in season). Call 877-444-6777 or visit www.recreation.gov.

Set Sail on an Ocean Adventure!

Check the program schedule on pages 4–5 for ranger-led boat cruises. These four diverse tours provide a whole new way to see the park while hearing the stories of the Maine coast. Once you get back home, visit the eCruise on the park website (www.nps.gov/acad) to recapture the spirit of your journey.

Participants on the Baker Island Cruise board a skiff for the island. Photo by NPS/Todd M. Edgar.

Beaver Log 3
### July/August Ranger-Led Programs

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Program Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Walks, Talks, and Hikes

#### Acadia's Birds (3 hours; easy walk; M, Sa)
Find, identify, and discuss some of Acadia's most fascinating residents. Bring binoculars. Expect motor travel to various points in the park. Make reservations no more than three days in advance at Hulls Cove Visitor Center or by calling 207-288-8832. Ask about accessibility.

#### Animals of Acadia (½-¾ hours; talk; Tu, F, Sa)
Uncover the wilds of the island's west side as we ramble through lush forests to rocky outcrops and back again. Beech Mountain parking area.

#### At the Summit (1 hour; easy ½-mile walk; Su, M, W, Th, F, Sa)
Enjoy the views from atop Cadillac Mountain. Visit the Fabbri Overlook and gain a new perspective on Acadia's beauty.

#### Bike with a Ranger (3 hours; moderate; Th)
Explore the scenic, historic carriage roads with a park ranger at a comfortable pace for about 10 miles. For adults and youth 14 and older. Youth must be accompanied by an adult. Bring your own bike (rentals available in local communities), water, and layered clothing. Helmets required. Fee: $15 adults, $10 youth 14–16. Reservations required. Make reservations no more than three business days in advance by calling 207-288-3338 (dial “0”), or by stopping by park headquarters from 8 a.m. to 4:30 p.m. Monday through Friday.

#### Birch Cliff Walk (1½ hours; moderate 1-mile walk; W, Sa)
Uncover the wilds of the island's west side as we ramble through lush forests to rocky outcrops and back again. Beech Mountain parking area.

#### Birding Basics (2 hours; easy walk; Th)
Join this beginning birders’ caravan and learn how to use field guides and binoculars and where to look for Acadia’s feathered friends. Transportation needed. Make reservations no more than three days in advance at Hulls Cove Visitor Center or by calling 207-288-8832.

#### Gorham Mountain Hike (2½ hours; moderate 2-mile hike; M, Tu, F)
Reward yourself with views of Acadia’s coastline from the top of a granite mountain. Be prepared for rocky trail conditions. Gorham Mountain parking area.

#### Great Head Geology (3 hours; moderate 2-mile hike; W, Sa)
Learn to read the story of Acadia’s geologic past, written in the rocks of the park’s dramatic landscape. Sand Beach parking area.

#### Green Kingdom (1½–2 hours; easy 1- to 2-mile walk; Su, Tu, W, F)
Investigate Acadia’s wildflowers, trees, and other plant life along a historic carriage road. Eagle Lake parking area (north loop—not boat ramp).

#### Habitat Hike (2 hours; easy 1½-mile walk; F)
Discover the diversity of neighborhoods and niches from the forest to the sea. Ship Harbor parking area.

#### Headland History (2½ hours; moderate 1½-mile hike; Th)
Hike to a spectacular headland while learning about Acadia’s cultural and natural history. Great Head parking area (not Sand Beach parking area).

#### Knowing the Night (2 hours; easy 1-mile walk; W, F)
Use your senses to explore the mystery and intrigue of the night world. For adults and children 8 and older. Wear closed-toe shoes and layered clothing. Fee: $10 adults, $5 children $8–12. Reservations required. Make reservations no more than three days in advance by calling 207-288-3338 (dial “0”) or by stopping by park headquarters from 8 a.m. to 4:30 p.m. Monday–Friday. This program occurs at 8:15 p.m. in July and 7:45 p.m. in August.

#### Mr. Rockefeller’s Bridges (2½ hours; moderate 1½-mile hike; Tu, Th)
Follow tree-lined carriage roads to beautiful stone bridges as you explore the rich history of the bridges and carriage roads. Parkman Mountain parking area.

#### Night Sky Scoping (1 hour; talk; Su, Sa)
Take a closer look at faint stars, the moon, or distant galaxies. Telescope viewing sessions will be offered Saturday and Sunday evenings from August 8 to 30. Reservations may be made no more than three days in advance at Hulls Cove Visitor Center or by calling 207-288-8832.

#### Otter Point Walk (2 hours; easy to moderate 2-mile hike; Su, Tu, Th)
Discover stories of history and nature as you view some of the most striking scenery in the park. Gorham Mountain parking area.

#### Photography Tour (3 hours; easy walk; F)
Bring your camera—digital or film—and take away valuable tips and techniques that will improve your ability to capture Acadia’s unique beauty. Expect motor travel to various points in the park. Reservations may be made no more than three days in advance at Hulls Cove Visitor Center or by calling 207-288-8832.

#### Ranger Choice (1¼ hour; talk or easy walk; M, W, Th)
Check schedules posted at the Nature Center and Hulls Cove Visitor Center for descriptions of these short talks and walks. Sieur de Monts Nature Center.

#### Stars Over Sand Beach (1½ hours; talk; Tu, Th)
Discover the wonders of Acadia’s night sky. Dress warmly and bring a flashlight and binoculars. On cloudy nights, rangers present a short program on stargazing. Meet on Sand Beach at 9:30 p.m. during July and 9 p.m. during August.

#### Take a Hike (2 hours; 1-mile moderate hike; Tu)
Take the next step from walking to hiking. Learn trail basics and map reading and build your confidence en route to panoramic mountain-top views. Beech Mountain parking area.

#### Tidepool School I (1 hour; moderate; Th)
Learn about tides and examine living sea creatures close up. Children must be accompanied by an adult. Fee: $10 adults, $5 children 5–12, free under 5. Exact cash, check, or credit card (MasterCard and Visa only) accepted. Purchase tickets on location at 9:10 a.m. Meet at the Fabbri picnic area.

### Activities d’interprétation en français

#### Découvrez Acadia! (1½ heures; facile, randonnée guidée, 1 kilomètre; jeudi)
Apprenez pourquoi les voyageurs du monde entier sont attirés depuis des siècles par cette région. Rendez-vous au stationnement du sommet du Mont Cadillac.

#### Les Français d’autrefois (½ heure; causerie illustrée; mercredi)
Pourquoi y a-t-il autant de noms français à Acadia, tels que Sieur de Monts, Champlain, et Cadillac? Quel fut le rôle du castor? Rendez-vous au Sieur de Monts Nature Center.

#### Sur la côte rocheuse (1½ heures; facile; randonnée guidée, 1 kilomètres; mardi)
Faisons une promenade sur la partie de la côte la plus pittoresque du parc. On suit le chemin jusqu’à la Points Otter, traversant la vieille forêt confinée. Rendez-vous au stationnement du Mont Gorham.
**Boat Cruises**

Park rangers interpret the park from four of the many commercial boats in the area. Make reservations with boat owners. Wear warm clothing. Arrive 15 minutes before departure. Some boat operators run several trips daily. Please ask boat operators about accessibility and their trips not listed below.

**Baker Island Cruise** (4 hours; Tu, W, F, Sa)
Explore a remote, ocean-sculpted island seen by few visitors. Hop aboard a motorized launch for landing and discover the island's unique natural and cultural history on a moderate hike with a park ranger. Harbor Place, 1 West Street, Bar Harbor. Fee: $45 adults, $20 children 6-14, $5 children 5 and under. Reservations: 207-288-2386.

**Dive-In Theater Boat Cruise** (3 hours; Tu, Th)

**Frenchman Bay Cruise** (2 hours; daily)
Climb aboard a majestic 151-foot, four-masted schooner in search of wildlife and part public relations. Meet Max at Hulls Cove Visitor Center from 10 to 10:30 a.m. and learn what it means to be a horse at a national park. Look for him and his ranger buddies by the split-rail fence at the carriage road entrance (north end of the parking lot).

**Isleford Historical Cruise** (2½ hours; daily)

**Blackwoods/Seawall Programs**

These 1-hour programs take place most evenings at Blackwoods and Seawall Campground amphitheaters. Topics include plants, animals, history, and more—check bulletin boards for details. Parking areas near amphitheaters accommodate non-campers. Early shows (interactive programs) take place at 8 p.m. in July, 7:30 p.m. from August 1 to 15, and 7 p.m. from August 16 to 31. Late shows take place at 9 p.m. in July, 8:30 p.m. from August 1 to 15, and 8 p.m. from August 16 to 31.

**Acadia's Amazing Beavers** (1 hour; interactive talk, F)
Learn about the cool adaptations of this furry scuba diver and resident engineer. Get tips on where, when, and how to watch for beavers. Ages 12 and under.

**Acadia Rocks!** (4½ hours; 1½ mile; M, Th)
Learn about the fascinating damselflies and dragonflies that live around Acadia's ponds. Explore their habits and habitats. You might even see them in action! Ages 10 and under.

**A Frog's Life** (1 hour; easy, M, Th)
Discover the life cycle of these Olympic jumpers. Find out where they live and what species you might see. Be prepared to get your feet wet as we look for frogs and tadpoles. Ages 4-9.

**Going Batty** (1 hour; interactive talk/easy walk; Th starting July 9)
Explore the mysterious world of bats. Hear about their unique design and curious habits before taking a quiet walk in hopes of seeing our only flying mammal. All ages.

**Incredible Insects** (1½ hours; easy walk; Sa)
Go on a scavenger hunt for colorful and camouflaged critters that are more important than you’d think! All ages.

**Mountain Mysteries** (2 hours; moderate 1-mile hike; Su, F)
Hike one of Acadia’s mountains and unearth its geologic secrets! Please wear closed-toe, non-skid shoes. Ages 7-14.

**Owl Moon** (1½ hours; easy walk; Su)
Explore the night-time life as we take a short expedition in search of barred owls. All ages. Offered July 6, 7, and 8 at 8:30 p.m.; August 4, 5, and 6 at 7:30 p.m.

**Steam Team** (2 hours; moderate walk; Tu)
There is more to a flowing stream than meets the eye! Using simple equipment, discover stream invertebrates and how these animals are related to the water quality. Ages 9 and older.

**Waypoint Acadia** (1½ hours; easy, Tu, W)
Join a ranger to explore Acadia by GPS. Embark on a scavenger hunt for hidden park resources, including geology, plants, and history. Discover the wonders of Acadia in a new way! GPS units are provided but bring your own if you have one. Ages 10 and up.

**Without a Trace** (1½ hours; easy to moderate hike; F, Sa)
Are you a good friend of nature? Find out how to enjoy the outdoors the low impact way. Have fun and respect nature by leaving no trace! Great for junior rangers. Ages 7-12.

**Drop-In Programs**

**Carroll Homestead Open House (Tu)**
Examine the interior of an 1800s farm home on Tuesdays between 10 a.m. and 1 p.m. Walk the grounds and imagine what life was like for the families that lived on this subsistence farm. A ranger will be available to answer questions. Bring a leave-no-trace picnic if you want. No reservation necessary. Carroll Homestead.

**Meet Max, the Park Horse (Th)**
Did you know Acadia has a horse patrol? Max’s job is part resource protection and part public relations. Meet Max at Hulls Cove Visitor Center from 10 to 10:30 a.m. and learn what it means to be a horse at a national park. Look for him and his ranger buddies by the split-rail fence at the carriage road entrance (north end of the parking lot).

**Peregrine Watch (daily)**
Most days through mid-August, weather permitting, a ranger or a volunteer will be available with viewing scopes for watching a family of peregrine falcons raising their young for the 19th year on Champlain Mountain. Stop by anytime between 9 a.m. and noon. Precipice Trail parking area. (HawkWatch starts in late August; see page 3.)
Two small slivers of glass—nestled in a tube the length of a person’s arm—changed the way we see the universe. This year marks the 400th anniversary of Galileo’s use of a telescope to investigate the starry skies. In 1609, aided by a simple telescope, Galileo recorded his observations as sepia-tinted sketches depicting vast lunar seas, Saturn’s faint rings, and Jupiter’s moons. To commemorate this and many more sightings, the International Year of Astronomy (IYA2009) involves a worldwide effort to celebrate all things celestial and encourage everyone to rediscover the wonders of the night.

A major goal of this year’s astronomy-themed events is to help foster awareness and protection of a precious resource—dark nights filled only with starlight. Poorly directed lighting produces sky glow that obstructs our view of the stars, planets, and other galaxies. Although densely populated urban areas within a day’s drive of Acadia have already lost sight of the Milky Way, the park still offers inky nights awash in brilliant star light.

Like Acadia’s own varied landscape, the starry reaches of our Milky Way galaxy offer mountains, valleys, and rivers of dust and gas to explore. Instead of a hiking stick, water, and sunscreen, you can promote the conservation of Acadia Night Sky—which forms the northern border between Maine and New Brunswick—by using your own night vision:

- Allow ample time to arrive safely at ranger-led programs.
- Do not bring pets on ranger-led programs or to amphitheaters.
- Carry water and wear appropriate clothing and footwear on hikes.
- Please escort your children on organized walks and hikes. Parents are responsible for the safety and behavior of their children. If you have young children, consider participating in children’s programs, marked in red in the program schedule.
- Reservations are required for children’s programs. Make reservations no more than three days in advance at Hulls Cove Visitor Center by calling 207-288-8832 or stopping by between 8 a.m. and 6 p.m.

Contact park staff regarding accessible facilities, services, and programs. Assistive listening devices and maps, the only tools you’ll need to discover what the heavens hold is a pair of binoculars, star map, and your own imagination. To learn a few tricks of the trade, join a park ranger on a celestial-themed program. In addition to the star talk, Stars Over Sand Beach, or the sensory hike, Knowing the Night, you are invited to look up at the universe just as Galileo did 400 years ago—through a telescope. Join park staff at the Night Sky Scoping program to take a closer look at faint stars, the moon, or distant galaxies. Thanks to the support of park partners and the National Park Service Astronomy Volunteer-in-Parks program, telescope viewing sessions will be offered every Saturday and Sunday evening from August 8 to 30. Reservations may be made no more than three days in advance by calling 207-288-8832.

Astronomy in Acadia

More to See and Do in Maine

While Acadia National Park might be the best-known National Park Service site in Maine, it’s not the only one. Can you name the others? Five other areas have ties to the National Park Service—Saint Croix Island International Historic Site, Maine Acadian Culture Preservation Project, Appalachian National Scenic Trail, Roosevelt Campobello International Park, and Allagash Wilderness Waterway. Both Saint Croix Island and Maine Acadian Culture are closely linked to Acadia National Park and offer great opportunities for exploring history and culture in Maine.

Saint Croix Island International Historic Site commemorates one of the earliest European settlements in North America. In 1604, members of a French expedition led by Pierre Dugua, who lived in the area at the time. From mid-June through mid-September, park rangers offer short talks; kids can complete the site’s new Junior Ranger program. Restrooms and a picnic area are also available. Visits to the island are not encouraged due to its fragile nature. www.nps.gov/sacr

The National Park Service assists in conserving Maine Acadian culture through the Maine Acadian Culture Preservation Project. Maine Acadians trace their heritage back to early French settlers of Maine’s upper St. John Valley; they are bound by ties to family, religion, land, and the French language. The National Park Service supports the Maine Acadian Heritage Council, a non-profit organization composed of historical societies, cultural clubs, towns, and museums working together to preserve Maine Acadian culture. These organizations operate cultural attractions where you can explore Maine Acadian culture from mid-June to early September. The St. John Valley is approximately five hours north of Bar Harbor along the St. John River, which forms the northern border between Maine and New Brunswick. www.nps.gov/maac

A major goal of this year’s astronomy-themed events is to help foster awareness and protection of a precious resource—dark nights filled only with starlight. Poorly directed lighting produces sky glow that obstructs our view of the stars, planets, and other galaxies. Although densely populated urban areas within a day’s drive of Acadia have already lost sight of the Milky Way, the park still offers inky nights awash in brilliant star light.

Like Acadia’s own varied landscape, the starry reaches of our Milky Way galaxy offer mountains, valleys, and rivers of dust and gas to explore. Instead of a hiking stick, water, and sunscreen, you can promote the conservation of Acadia Night Sky—which forms the northern border between Maine and New Brunswick—by using your own night vision:

- Allow ample time to arrive safely at ranger-led programs.
- Do not bring pets on ranger-led programs or to amphitheaters.
- Carry water and wear appropriate clothing and footwear on hikes.
- Please escort your children on organized walks and hikes. Parents are responsible for the safety and behavior of their children. If you have young children, consider participating in children’s programs, marked in red in the program schedule.
- Reservations are required for children’s programs. Make reservations no more than three days in advance at Hulls Cove Visitor Center by calling 207-288-8832 or stopping by between 8 a.m. and 6 p.m.

Contact park staff regarding accessible facilities, services, and programs. Assistive listening devices and maps, the only tools you’ll need to discover what the heavens hold is a pair of binoculars, star map, and your own imagination. To learn a few tricks of the trade, join a park ranger on a celestial-themed program. In addition to the star talk, Stars Over Sand Beach, or the sensory hike, Knowing the Night, you are invited to look up at the universe just as Galileo did 400 years ago—through a telescope. Join park staff at the Night Sky Scoping program to take a closer look at faint stars, the moon, or distant galaxies. Thanks to the support of park partners and the National Park Service Astronomy Volunteer-in-Parks program, telescope viewing sessions will be offered every Saturday and Sunday evening from August 8 to 30. Reservations may be made no more than three days in advance by calling 207-288-8832.

Astronomy in Acadia

More to See and Do in Maine

While Acadia National Park might be the best-known National Park Service site in Maine, it’s not the only one. Can you name the others? Five other areas have ties to the National Park Service—Saint Croix Island International Historic Site, Maine Acadian Culture Preservation Project, Appalachian National Scenic Trail, Roosevelt Campobello International Park, and Allagash Wilderness Waterway. Both Saint Croix Island and Maine Acadian Culture are closely linked to Acadia National Park and offer great opportunities for exploring history and culture in Maine.

Saint Croix Island International Historic Site commemorates one of the earliest European settlements in North America. In 1604, members of a French expedition led by Pierre Dugua settled Saint Croix Island. Seventy-nine members of the expedition, including Samuel Champlain, passed the harsh winter of 1604–1605 on the island. Despite the assistance of the Passamaquoddy, who traded game for bread, thirty-five settlers died of malnutrition and exposure. In summer 1605, the survivors left the island to found Port Royal, Nova Scotia. From Saint Croix Island—and the hard lessons learned—grew an enduring French presence on this continent.

Saint Croix Island International Historic Site is located near Calais, Maine, a 3½-hour drive from Acadia on U.S. 1. On the mainland, an interpretive trail with exhibits and bronze figures tells the story of the French colonists and Passamaquoddy
Lend a Hand: Volunteer!

Volunteers make valuable contributions to communities, organizations, and individuals throughout the country. National Park Service (NPS) volunteers come from all over to help preserve and protect America’s natural and cultural heritage for the enjoyment of this and future generations. They contribute the time and expertise that help Acadia achieve the NPS mission.

At Acadia, Friends of Acadia volunteers meet each Tuesday, Thursday, and Saturday through mid-October, weather permitting, from 8:30 a.m. until 12:30 p.m. During that time, they perform much-needed tasks that help park staff maintain trails and carriage roads. If you are willing to cut back some vegetation or help clear a drain, call 207-288-3934 or 207-288-3340 for more information.

Friends of Acadia organizes annual volunteer events at Acadia, including:
- **Take Pride in Acadia Day** on the first Saturday in November (11/07/09)
- **Earth Day Roadside Cleanup** on the last Saturday in April (04/24/10)
- **National Trails Day** on the first Saturday in June (06/05/10)

For more information about these events, visit www.friendsofacadia.org. For volunteer opportunities at other NPS sites, visit www.nps.gov/volunteer.

Enhance Your Visit

Park concessions provide a variety of services to visitors throughout the National Park System. Four concessioners operate here in Acadia.

The **Acadia Corporation** operates shops at Cadillac Mountain, Thunder Hole, and Jordan Pond. Visit the Jordan Pond House (207-276-3316) for tea and popovers on the lawn, a tradition since the late 19th century, or a full lunch or dinner.

**Carriages of Acadia, Inc.** (877-276-3622), the new concessioner at Wildwood Stables, offers narrated tours of the park’s historic carriage roads on horse-drawn carriages. New features this year include a longer operating season (June 6–October 18), pre-tour demonstrations with draft horses, and smaller carriages. Private tours and stabling for your personal horse are also available.

Two companies offer narrated bus tours of the park—perfect if you wish to sit back and relax as you learn. Both tours begin and end in Bar Harbor and include a stop on Cadillac Mountain, and other popular sights. Reservations recommended.

- **National Park Tours** (207-288-0300) offers 2½-hour tours.
- **Oli’s Trolley** (207-288-9899) offers both 1-hour and 2½-hour tours.

Support the Park

Friends of Acadia is a private, nonprofit organization dedicated to ensuring the long-term protection of the natural and cultural resources of Acadia National Park and its region. To meet this mission, Friends of Acadia channels private donations to conservation and historic preservation projects in the park, monitors planning and legislative activities affecting Acadia, and sponsors volunteers in Acadia.

For more information about Friends of Acadia, please contact:

Friends of Acadia
P.O. Box 45
Bar Harbor, ME 04609
800-625-0321 / 207-288-3340
www.friendsofacadia.org

Learn More

Looking for a guide to plants? Trying to find something to keep your kids occupied on a rainy day? Eastern National bookstores carry a wide variety of educational items, including books, maps, videos, notecards, and more. Bookstores are located at Hulls Cove Visitor Center, Sieur de Monts Nature Center, Park Headquarters Information Center, Blackwoods and Seawall Campgrounds, and the Islesford Historical Museum.

Eastern National is a nonprofit agency that provides quality educational products and services to America’s national parks and other public trusts. Eastern National’s contributions have benefited parks and visitors by supporting research, educational, and interpretive projects. Joining Eastern National supports your parks and gives you 15% off merchandise in any Eastern National store. Pick up an application at the visitor center or for more information, visit www.easternnational.org. Teachers also receive a 15% discount with proof of occupation.

The Local’s Perspective

Get an insider’s view of the park through the works of writers, photographers, and artists who call Mount Desert Island home. You can pick up a copy of these books at the visitor center and park headquarters.

Explore images of Acadia through the eyes of painter Phyllis Rees in her book, *Intimate Views*. The book includes more than twenty of her extraordinary paintings designed to be, in her words, “not literal representations of the locations, but visual poems about them.”

*Beaver Log* is a news and educational magazine produced in cooperation with Acadia National Park and the National Park Foundation. The publication features the wildlife, history, and culture of the park. *Beaver Log* is available at the visitor center and park headquarters.

Discovering Acadia takes the reader on a journey through the park. Explore the area’s geology, wildlife, history, and more through stories and beautiful photographs.

Looking for a guide to plants? Trying to find something to keep your kids occupied on a rainy day? Eastern National bookstores carry a wide variety of educational items, including books, maps, videos, notecards, and more. Bookstores are located at Hulls Cove Visitor Center, Sieur de Monts Nature Center, Park Headquarters Information Center, Blackwoods and Seawall Campgrounds, and the Islesford Historical Museum.

Eastern National is a nonprofit agency that provides quality educational products and services to America’s national parks and other public trusts. Eastern National’s contributions have benefited parks and visitors by supporting research, educational, and interpretive projects. Joining Eastern National supports your parks and gives you 15% off merchandise in any Eastern National store. Pick up an application at the visitor center or for more information, visit www.easternnational.org. Teachers also receive a 15% discount with proof of occupation.

The Local’s Perspective

Get an insider’s view of the park through the works of writers, photographers, and artists who call Mount Desert Island home. You can pick up a copy of these books at the visitor center and park headquarters.

Explore images of Acadia through the eyes of painter Phyllis Rees in her book, *Intimate Views*. The book includes more than twenty of her extraordinary paintings designed to be, in her words, “not literal representations of the locations, but visual poems about them.”

*Beaver Log* is a news and educational magazine produced in cooperation with Acadia National Park and the National Park Foundation. The publication features the wildlife, history, and culture of the park. *Beaver Log* is available at the visitor center and park headquarters.

Discovering Acadia takes the reader on a journey through the park. Explore the area’s geology, wildlife, history, and more through stories and beautiful photographs.

- **National Park Tours** (207-288-0300) offers 2½-hour tours.
- **Oli’s Trolley** (207-288-9899) offers both 1-hour and 2½-hour tours.

Friends of Acadia is a private, nonprofit organization dedicated to ensuring the long-term protection of the natural and cultural resources of Acadia National Park and its region. To meet this mission, Friends of Acadia channels private donations to conservation and historic preservation projects in the park, monitors planning and legislative activities affecting Acadia, and sponsors volunteers in Acadia.

For more information about Friends of Acadia, please contact:

Friends of Acadia
P.O. Box 45
Bar Harbor, ME 04609
800-625-0321 / 207-288-3340
www.friendsofacadia.org

Interested in being a volunteer at other NPS sites, visit www.nps.gov/volunteer.
Help Us Revegetate!

Park staff have finished replanting areas affected by recent construction at Blackwoods Campground. You have an important role to play in making this revegetation project a success.

- Areas where native plants are planted will be roped off and signed to indicate what’s happening there. Small trees and shrubs will be mulched with wood chips. Please don’t walk through these areas or damage new or existing plants or trees.
- Stay on designated paths at Blackwoods Campground. Taking shortcuts kills plants.

Remember: Plants grow by the inch and die by the foot!

Protect Your Park: Leave No Trace

You are the park’s biggest ally in protecting Acadia’s vulnerable natural and cultural resources. Leave No Trace (LNT) principles can guide you down the path to protection. Leave No Trace is about attitude and ethics. It’s about taking personal responsibility to respect and care for our limited wildland resources and the experiences of other outdoor enthusiasts. Once you commit to following these LNT principles, you will know you are doing your best to become a good steward of our park lands.

Plan Ahead and Prepare: Once you make a plan, learn the local regulations and be prepared for your adventure. Bring a map, food and water, and anything else you’ll need. Ride the propane-powered Island Explorer shuttle bus to your destination.

Travel and Camp on Durable Surfaces: Stay on trails and durable surfaces like bare granite to protect fragile plant life. Camp in designated campgrounds only. Do not swim in bodies of water marked as water supplies.

Dispose of Waste Properly: Pack it in, pack it out. Carry out anything you brought into the park. Better yet, carry out any litter you find, too!

Leave What You Find: Removing natural and historic objects like beach cobbles, flowers, marine life, and antlers not only destroys natural resources, but also is illegal. Cairns, or trail markers, are carefully maintained by the park; please do not add to or remove them.

Minimize Fire Impacts: Fires are permitted only in designated locations, such as campgrounds and picnic areas.

Respect Wildlife: Don’t approach or feed wild animals; our food makes them sick. Learn more on page 3.

Be Considerate: Pay attention to others. Keep your dog on a leash, let natural sounds prevail, and limit your group size.

You can learn more about these Leave No Trace principles on the park website at www.nps.gov/acad/supportyourpark/leavenotrace.htm. Remember, we can’t do it without you!

Waste in the Environment

If you leave litter behind, how long does it take to break down? You might be surprised.

<table>
<thead>
<tr>
<th>Plastic Bottle</th>
<th>1 million years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glass Bottle</td>
<td>1–5 years</td>
</tr>
<tr>
<td>Foam Coffe Cup</td>
<td>450 years</td>
</tr>
<tr>
<td>Disposable Diaper</td>
<td>80–200 years</td>
</tr>
<tr>
<td>Plastic Bottle</td>
<td>600 years</td>
</tr>
<tr>
<td>Cigarette Butt</td>
<td>1–5 years</td>
</tr>
<tr>
<td>Plastic Bag</td>
<td>1–5 years</td>
</tr>
<tr>
<td>Fishing Line</td>
<td>80–200 years</td>
</tr>
<tr>
<td>Fishhook</td>
<td>80 years</td>
</tr>
<tr>
<td>Glass Bottle</td>
<td>600 years</td>
</tr>
<tr>
<td>Plastic Bottle</td>
<td>80–200 years</td>
</tr>
<tr>
<td>Cigarette Butt</td>
<td>450 years</td>
</tr>
<tr>
<td>Plastic Bag</td>
<td>600 years</td>
</tr>
<tr>
<td>Fishing Line</td>
<td>80–200 years</td>
</tr>
</tbody>
</table>

Source: U.S. National Park Service; Mote Marine Lab, Sarasota, FL

July/August 2009 Tide/Sunrise/Sunset Chart

<table>
<thead>
<tr>
<th>July</th>
<th>High Tide AM</th>
<th>High Tide PM</th>
<th>Low Tide AM</th>
<th>Low Tide PM</th>
<th>Sunrise</th>
<th>Sunset</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6:48</td>
<td>12:40</td>
<td>6:53</td>
<td>12:56</td>
<td>8:21</td>
<td>8:21</td>
</tr>
<tr>
<td>2</td>
<td>7:50</td>
<td>13:00</td>
<td>7:53</td>
<td>13:16</td>
<td>8:21</td>
<td>8:21</td>
</tr>
<tr>
<td>3</td>
<td>8:48</td>
<td>13:38</td>
<td>8:48</td>
<td>14:05</td>
<td>8:20</td>
<td>8:20</td>
</tr>
<tr>
<td>4</td>
<td>9:41</td>
<td>14:09</td>
<td>9:41</td>
<td>14:18</td>
<td>8:20</td>
<td>8:20</td>
</tr>
<tr>
<td>5</td>
<td>10:29</td>
<td>14:38</td>
<td>10:29</td>
<td>14:47</td>
<td>8:20</td>
<td>8:20</td>
</tr>
<tr>
<td>6</td>
<td>11:12</td>
<td>15:02</td>
<td>11:12</td>
<td>15:15</td>
<td>8:19</td>
<td>8:19</td>
</tr>
<tr>
<td>7</td>
<td>11:51</td>
<td>15:41</td>
<td>11:51</td>
<td>15:40</td>
<td>8:19</td>
<td>8:19</td>
</tr>
<tr>
<td>8</td>
<td>12:29</td>
<td>16:20</td>
<td>12:29</td>
<td>16:19</td>
<td>8:19</td>
<td>8:19</td>
</tr>
<tr>
<td>9</td>
<td>12:32</td>
<td>16:23</td>
<td>12:32</td>
<td>16:23</td>
<td>8:18</td>
<td>8:18</td>
</tr>
<tr>
<td>10</td>
<td>1:09</td>
<td>16:46</td>
<td>1:09</td>
<td>16:53</td>
<td>8:18</td>
<td>8:18</td>
</tr>
<tr>
<td>11</td>
<td>1:45</td>
<td>16:57</td>
<td>1:45</td>
<td>16:57</td>
<td>8:17</td>
<td>8:17</td>
</tr>
<tr>
<td>12</td>
<td>2:23</td>
<td>17:32</td>
<td>2:23</td>
<td>17:54</td>
<td>8:16</td>
<td>8:16</td>
</tr>
<tr>
<td>13</td>
<td>3:03</td>
<td>18:04</td>
<td>3:03</td>
<td>18:16</td>
<td>8:16</td>
<td>8:16</td>
</tr>
<tr>
<td>14</td>
<td>3:46</td>
<td>18:29</td>
<td>3:46</td>
<td>18:32</td>
<td>8:15</td>
<td>8:15</td>
</tr>
<tr>
<td>15</td>
<td>4:34</td>
<td>19:04</td>
<td>4:34</td>
<td>19:14</td>
<td>8:14</td>
<td>8:14</td>
</tr>
<tr>
<td>18</td>
<td>7:31</td>
<td>21:20</td>
<td>7:31</td>
<td>21:23</td>
<td>8:12</td>
<td>8:12</td>
</tr>
<tr>
<td>19</td>
<td>8:35</td>
<td>21:54</td>
<td>8:35</td>
<td>22:17</td>
<td>8:11</td>
<td>8:11</td>
</tr>
<tr>
<td>21</td>
<td>10:33</td>
<td>22:45</td>
<td>10:33</td>
<td>22:54</td>
<td>8:09</td>
<td>8:09</td>
</tr>
<tr>
<td>23</td>
<td>12:21</td>
<td>23:47</td>
<td>12:21</td>
<td>24:08</td>
<td>8:08</td>
<td>8:08</td>
</tr>
<tr>
<td>24</td>
<td>13:18</td>
<td>0:16</td>
<td>13:18</td>
<td>0:27</td>
<td>8:07</td>
<td>8:07</td>
</tr>
<tr>
<td>25</td>
<td>1:32</td>
<td>0:27</td>
<td>1:32</td>
<td>0:36</td>
<td>8:06</td>
<td>8:06</td>
</tr>
<tr>
<td>26</td>
<td>2:26</td>
<td>1:12</td>
<td>2:26</td>
<td>1:33</td>
<td>8:04</td>
<td>8:04</td>
</tr>
<tr>
<td>27</td>
<td>3:22</td>
<td>2:12</td>
<td>3:22</td>
<td>2:30</td>
<td>8:03</td>
<td>8:03</td>
</tr>
<tr>
<td>28</td>
<td>4:19</td>
<td>3:11</td>
<td>4:19</td>
<td>3:29</td>
<td>8:02</td>
<td>8:02</td>
</tr>
<tr>
<td>29</td>
<td>5:18</td>
<td>4:12</td>
<td>5:18</td>
<td>4:28</td>
<td>8:01</td>
<td>8:01</td>
</tr>
<tr>
<td>30</td>
<td>6:20</td>
<td>5:12</td>
<td>6:20</td>
<td>5:27</td>
<td>8:00</td>
<td>8:00</td>
</tr>
<tr>
<td>31</td>
<td>7:21</td>
<td>6:11</td>
<td>7:21</td>
<td>6:26</td>
<td>7:59</td>
<td>7:59</td>
</tr>
</tbody>
</table>

Sources: National Oceanic and Atmospheric Administration (tides) and U.S. Naval Observatory (sunrise/sunset). Both tide and sunrise/sunset times are for Bar Harbor.

Adjustments for other locations or elevations may be necessary.